

chiropractic



wellness report



A lifetime of  
**health &**  
wellness

# congratulations, you have made the wellness choice!



## Chiropractic – a philosophy, art and science of natural healing

- The most **popular**, fastest growing healthcare system in the world
- Promotes a healthy, **drug-free** lifestyle
- Offers you a real **alternative** to drugs and surgery
- Works with your **natural healing** ability

## who goes to the chiropractor?

### Millions of people.

- Children, pregnant women, infants, blue collar workers, **athletes**, office workers, students, families, the elderly.

### You.

- People that have **health problems** and want to **enhance** their natural healing ability.
- People that want higher **resistance to disease**, better sports performance, **more energy**, emotional well-being, greater relaxation and **improved quality of life**.



## glossary

**Adjustment:** the art of correcting your subluxation(s).

**Atlas:** the top spinal bone (vertebra). It holds up the globe of your head just as the ancient god Atlas held up the earth.

**Chiropractic:** literally "done by the hand"; a healthcare system devoted to the analysis and correction of subluxations.

**Coccyx:** the human tailbone; it plays an important role in the health of your brain, nervous system and spine.

**Disc:** a pad of cartilage between two spinal bones that helps you move, strengthens your spine, adds to your height and gives your spine its curves.

**Dis-ease:** when a body functions at less than 100%. When you are dis-eased you are fertile ground for disease. Subluxations cause dis-ease, that's why it's so important to get them adjusted (or corrected).

**Health:** when your energy is flowing without interference and all your parts are in the right places working as they should. You feel great and are functioning at your optimum.

**Occiput:** the bone in your head that sits on top of your atlas; your spinal cord passes through it to continue from your brain down your spine.

**Retracing:** part of the healing process; old symptoms sometimes come to the surface in order for you to completely heal. You may temporarily experience old pains or old memories.

**Sacroiliac:** the joint where your sacrum connects to your hip (ilium).

**Scoliosis:** sideways curve of the spine.

**Spinal column:** the stack of vertebrae that runs from the top of your neck to the bottom of your coccyx; also known as the vertebral column or "back bone."

**Spinal cord:** an extension of your brain that goes down your back through your spinal column.

**Subluxation:** a distortion in your structural system that interferes with your health.

**Vertebra:** a bone of your spine.

**Wellness care:** regular chiropractic care to keep you functioning at your peak.

## what chiropractors do:

- Analyze your body for **subluxations** (nerve stress) – distortions that affect your brain, spinal cord, internal organs and overall health
- Give you an **adjustment**

## what subluxations do:

- Cause **dis-ease** and **pain** and accelerate aging
- Affect **internal organs, glands**, muscles, joints and discs
- **Stress** your brain and meninges (brain and spinal cord coverings)
- **Decrease height, drain energy** and lower resistance to disease

## what adjustments do:

- Remove or **reduce subluxations** (nerve stress)
- **Improve** the **connection** between your inner healing ability, nervous system and body
- Enhance energy, **resistance to disease** and physical and emotional well-being



adjustments

# your personal assessment

## Where you are now.

Regions of subluxations \_\_\_\_\_  
\_\_\_\_\_

Postural distortions \_\_\_\_\_  
\_\_\_\_\_

Phases of degeneration  
and locations \_\_\_\_\_  
\_\_\_\_\_

the healthy spine



phase 1



phase 2



phase 3



phase 4



Assumed height \_\_\_\_\_ Measured height \_\_\_\_\_

Level of care you are in

- Initial intensive care phase      date \_\_\_\_\_
- Corrective or healing phase      date \_\_\_\_\_
- Health optimization/wellness phase      date \_\_\_\_\_

## Where do you want to go?

What aspects of wellness  
do you want for yourself?

- More energy
- Better concentration
- Improved digestion
- Easier breathing, deeper breaths
- Deeper relaxation
- More balanced posture
- Better sleep
- Enhanced emotional well-being
- Improved strength and endurance
- Better sports performance, reaction time/reflexes
- Freedom from pain
- Reduce/eliminate medication use
- Greater resistance to disease
- Overall health improvement

Additional goals for yourself \_\_\_\_\_  
\_\_\_\_\_

Wellness goals for your  
family \_\_\_\_\_  
\_\_\_\_\_

Suggestions for care \_\_\_\_\_  
\_\_\_\_\_

# where are my subluxations?

- Sympathetic chain - To eyes, ears and other sense organs; glands and blood vessels of the brain; immune response; bone growth; fat metabolism; reaction to stress; brain function

## thoracic spine

- T1 - Arms from the elbows down, including hands, arms, wrists and fingers; esophagus and trachea; heart
- T2 - Heart, including its valves and covering; coronary arteries; lungs; bronchial tubes
- T3 - Lungs, bronchial tubes, pleura, chest, breast, heart
- T4 - Gallbladder, common duct, heart, lungs, bronchial tubes
- T5 - Liver, solar plexus, circulation (general), heart, esophagus, stomach
- T6 - Stomach, esophagus, peritoneum, duodenum
- T7 - Pancreas, duodenum, stomach, liver, spleen, gallbladder, peritoneum
- T8 - Spleen, stomach, liver, pancreas, gallbladder, adrenal cortex, small intestine, pyloric valve
- T9 - Adrenal cortex, pancreas, spleen, gallbladder, ovaries, uterus, small intestine
- T10 - Kidneys, appendix, testes, ovaries, uterus, adrenal cortex, spleen, pancreas, large intestine
- T11 - Kidneys, ureters, large intestine, urinary bladder, adrenal medulla, adrenal cortex, uterus, ovaries, ileocecal valve
- T12 - Small intestine, lymph circulation, large intestine, urinary bladder, uterus, kidneys, ileocecal valve
- Sacrum - Buttocks, rectum, sex organs, genitalia, urinary bladder, ureter, prostate
- Coccyx - Rectum, anus

## cervical spine

- C1 - Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system, eyes
- C2 - Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead, heart
- C3 - Cheeks, outer ear, face, teeth, trifacial nerve, lungs
- C4 - Nose, lips, mouth, eustachian tube, mucous membranes, lungs
- C5 - Vocal cords, neck glands, pharynx
- C6 - Neck muscles, shoulders, tonsils
- C7 - Thyroid gland, bursa in the shoulders, elbows

- Brachial plexus - Forms the radial, ulnar, median and other nerves that go to the muscles, joints and other structures of the shoulder, arm, wrist, hand and fingers

## lumbar spine

- L1 - Large intestine, inguinal rings, uterus
- L2 - Appendix, abdomen, upper leg, urinary bladder
- L3 - Sex organs, uterus, bladder, knees, prostate, large intestine
- L4 - Prostate gland, muscles of the lower back, sciatic nerve
- L5 - Lower legs, ankles, feet, prostate

- Sacral plexus - Forms the sciatic as well as other nerves that go to muscles, joints and other structures of the leg, knee, ankle, feet and toes



## you should see your chiropractor:

- When you're ill or in pain – because chiropractic optimizes your body's **natural healing ability**
- When you're pregnant – for a more **comfortable pregnancy**, labor and delivery so childbirth will be as natural as possible
- When you've been in an **accident** of any kind – no matter how minor
- When you're **competing in sports** – Olympic and professional athletes **perform better** when under chiropractic care; you (and your children) will too
- When you're a baby – **learning to crawl** and walk means falling sometimes too (tell your parents to bring you)
- When you're a student – chiropractic helps you **concentrate better**
- When you're **under stress** chiropractic is great for relaxation
- **Why wait** until you have a problem? If you want to **stay healthy**, get your spine checked today!

## you can speed your progress by:

- Keeping your **appointments**
- Following our **recommendations**
- Eating well, drinking water, **getting enough rest**, connecting with others and listening to your heart. Your health reflects all of your **lifestyle choices**.
- **Asking us** any questions you have about your progress or your condition. **Good health** requires clear communication!

**we** are here to help.

